



**Kuruhuka bitari ubunabwe nibyo byubaka ubwonko Urup.**



**Kaci y'umukino n'iy'imiyereko 2**



**Twirinde inda zitateguwe 5**



**Irinde uracyakenewe 8**

## Kaci (wrestling) ni umukino cyangwa imyiyereko



bigaragarira amaso, uyu mukino ugira amategeko awugenga, arengera abawukina, nyamara ubuhanga bw'uwukina ntibugaragarira ku watsinze umukino, kuko imikino y'amarushanwa itandukanye n'imikino tubona .

Uyu mukino ugira ibyiciro bibiri, icya mbere ni icyiciro cy'abatarabigize umwuga. Muri

Abantu batangazwa n'uburyo ndengakamere abakina Kaci besurana mu kibuga. Abakurikira uyu mukino ku nsakazamashusho (Television) babona abakinnyi bafite imbaraga n'uburemere buhambaye bigaragarira amaso. Barwana nta kwizigama besurana mu kibuga ndetse no hanze yacyo barwanisha ibyo babonye byose, ubundi ugasanga abakinnyi benshi bahurira kuri umwe bagahondagura, byatuma utekereza ko uyu mukino nta mategeko ugira, abawukina bihebye cyangwa baba bifashisha ikoranabuhanga bakongeramo ibikabyo nk'uko bimenyerewe muri sinema. Nyamara uyu mukino ukwirirwa imbere y'imbaga nini y'abafana.

Si kenshi twumva abakinnyi ba Kaci baguye mu kibuga cyangwa bazahajwe n'uwo bari bahanganye nk'uko tubibona mu kibuga. Impamvu ni uko uretse ibyo tubona

iki cyiciro niho habera amarushanwa baharanira imidari, ibikombe n'imikandara y'ishimwe. Muri iki cyiciro kandi niho hakurikizwa amategeko yose y'umukino wa Kaci. Aya mategeko akumira ibikorwa bya Kinyamaswa n'urugomo ubusanzwe bizwi mu mukino wa Kaci nko gukurana imisatsi, gukubita mu bice byoroshye by'umubiri wa muntu no gukoresha izindi ntware nk'intebe n'ameza no kurwanira mu matsinda asumbanya umubare. Aya mategeko yemerera gusa abahanganye kurwana bakoresheje igice cyo hejuru y'urukenyerero.

Icyiciro cy'ababigize umwuga cyo cyitabirwa gusa n'ababa barabashije gutsinda mu cyiciro cy'abatarabigize umwuga ari nabyo tumenyereye kureba ku nsakazamashusho, hagaragaramo ibikorwa ndengakamere, ubusanzwe bishobora gushyira mu kaga ubuzima bw'abakinnyi.

Muri iki cyiciro abakina bashyira mu bikorwa umwimerere wa Kaci nk'uko wakinwaga kera mu mateka y'abaromani n'abagereki byari umuco wabo wo kwesurana nta kwitangira.

Mu mikino w'ababigize umwuga bitoza kugira ngo badakomereka. muri iki cyiciro nta marushanwa abamo ahubwo bisa nk'imyiyereko. Ibikorwa tubona by'indengakamere ni imyiyereko abakinnyi baba bagiyeho umugambi ndetse bakabyitoza kugira ngo hatagira ubikomerekeramo ndetse n'utsinda aba yateganyijwe mbere. Ntiwavuga ko iyo myiyereko ari ikinyoma ahubwo twabigereranya na cinema, uretse ko abakina kaci bo babikorera imbere y'imbaga y'abafana ku buryo baba bagomba kurwana nk'iby'ukuri kandi birinda gukomeretsanya. Intego nyamukuru y'imyitozo bakora akaba ari iyo kubarinda izo mpanuka zo mu kibuga ndetse no kugira ngo bagumane umubiri w'indwanyi.



**Pascal H.**

## IJAMBO RY'IBANZE

### Uburambe ku kazi ni ikibazo kitorohereye urubyiruko muri iki gihe

Urubyiruko rurangije kwiga amashuri rukeneye akazi ariko rusabwa uburambe. Rushaka kwihangira imirimo ariko bisaba igishoro. Nyamara biragoye kubona igishoro utarigeze akazi, biragoye kubona akazi mu isoko ry'umurimo uhanganye n'abafite uburambe ukirangiza amashuri.

Ibi ni imbogamizi ku bihugu biri mu nzira y'amajyambere, kuko urubyiruko rukwiye kwiteganyiriza ibibatunga mu zabukuru. Ubwinshi bw'abashomeri bungana n'umubare w'abakuze bakennye bazabera umutwaro igihugu mu minsi iri imbere bitewe no kutagira uburambe.

Ese uburambe wabukurahe ntwaguhaye akazi? No kwicara utegereje igitunga ntibyaba umuti, bihira bake. Buri mukoresha akeneye amaboko y'umukozi, icyo abura ni umushahara, awugenera abakozi yizyeho umusaruro. Nyamara gukorera ubushake nta gihembo utegereje ntibisaba uburambe ahubwo bitanga uburambe mu kazi bwongerera agaciro ku isoko ry'umurimo. Iyo umukorerabushake utanga umusaruro ushimishije ashobora kuzamurwa mu ntera akaba umukozi, cyangwa agahabwa icyangombwa n'umukoresha



kigaragaza uburambe amaze kugira mu kazi. Ibi biruta gutegereza kandi ushobora gutangira utarabona impamyabumenyi.

**Ubwanditsi**

## UBUMENYI N'IKORANABUHANGA

### Yatukanye akoresheje ikarita



Umwe mu bakoresha internet yongeye ku ikarita y'isi igishushanyo kigayitse cy'ibirango by'inganda zikomeye z'ikoranabuhanga Android na Apple. Iki gishushanyo kigagaragaza ikimenyetso cy'uruganda Android rwihagarika ku ruganda Apple. Uyu muntu utaramenyekana yifashishije uburyo bwa Map Maker bukoreshwa mu kongera amakuru n'ibimenyetso biranga Hoteli, restorant, amasoko, amavuriro,

ibitaro, imihanda ndetse n'ibindi bimenyetso bifasha kumenya ahari inganda n'ibigo bikomeye ku ikarita y'isi yose iboneka kuri internet Google Map yakozwe n'ikigo Google. Iyi serivisi ikaba ikoresheya kuri mudasobwa ndetse na telephone zigezweho (smart phone).

Iki kimenyetso kikaba cyarashyizwe mu karere ka SHAHPUR mu gihugu cya Pakistan. Ibi byagaragaye nk'igitutsi gikomeye n'ubwo inganda za Android Apple ndetse n'igihugu cya Pakistan bitasabiye ibihano ikigo Google. Ariko iki kigo cyasabye imbabazi kubera uburangare bwacyo. Pavithra Kanakarajan uhagarariye ubuyobozi bwa google atangaza ko gukemura ikibazo cy'amakosa yandi yaba yarashyizwe mu ikarita bizafata igihe kitari gito aho kuba iminsi mike nk'uko babiteganyaga, kubera iyo mpamvu ubu buryo bukaba buhagaritswe ndetse n'igihe buzakomereza; amakuru yose azajya yemezwa n'abakozi ba Google mbere yo kuyemeza muri iyo Karita.

**Pascal H.**

## Dore amabanga yo kurinda ubwonko bwawe

Nk'uko twabibasezeranyije mu numero ya Rafiki Journal iheruka dukomeje kubagezaho ibintu wakora n'ibyo wakwirinda kugirango ubwonko bwawe burusheho gukora neza. Ubushize twabagejejeho ingingo 10 tukaba dukomereje ku ya 11.

11) Kwirinda guhorera imyumbati, by'umwihariko iya gitaminsa, kuko mu mwumbati habamo uburozi bwitwa siyanure, bwangiza ubwonko bukabuterana indwara yitwa "Konzo" ikunze kuboneka cyane muri RD Congo.



12) Gukunda gukoresha vitamin zirwanyanya kanseri (A, C na E), kuko ibiribwa bizikungahayeho ari byo bibuza uburozi buzerera mu kirere kwangiza ubwonko, bikabikumira ngo urugero rwabyo mu mubiri rutazamuka. Vitamin C ni yo iri imbere mu gukora uwo murimo.

13) Kwirinda gutura ahantu hari ubucucike bw'ikirenga

14) Kwirinda kurara inkera akenshi bigendana n'ubusinzi cyangwa gukora by'ikirenga.

15) Kwirinda gukora cyangwa gukorwaho n'inyamaswa



z'inyakinani (zo mu ishyamba)

16) Kwirinda udusimba duto dushobora kukuruma, nk'umubu n'ibindi.

17) Kurya amavuta atangiza umubiri (aya elayo, ay'ibihwagari, aya soya, ay'ibigori)

18) Kwinjiza iyode ihagije mu mubiri. Ni umunyu w'ingenzi (gikukuri) cyane mu mikurire n'imikorere y'ubwonko uhereye umwana akiri mu nda ya nyina.

Ubushakashatsi bwagaragaje ko iyo umugore utwite atabonye uwo munyu uhagije, abyara umwana ufite ubwonko buri hasi mu bushobozi bw'ubwenge,

ugereranije n'ubwo yari kuvukana. Kugira ngo ubone iyode nyinshi mu byo urya,

ugomba : gukunda kurya igikukuri, gukunda kurya ibimera byerera mu mazi (nka spirulina). Byari bizwi ko ifi ikize cyane kuri iyode, ariko na none ikagira ubutare bwinshi bwa merikire (mercure), bitewe n'ibisasu bihora biraswa mu kirere no mu nyanja. Iyo merikire yangiriza cyane ubwonko

bw'umwana uri mu nda, kandi ikaburizamo ubushobozi bwa

iyode. Bityo abagore batwite by'umwihariko bakaba bagomba kwirinda ifi.

19) Kwirinda ko ubwonko kwasaza imburagihe, kuko ingirangingo fatizo z'ubwonko zitajya zisanwa, nk'uko bigenda ku zindi ngingo z'umubiri. Iyo zipfuye biba birangiye.

20) Kwirinda umunaniro w'ikirenga

21) Kwirinda isukari y'inyenganda, kuko ari umujura kabuhariwe wa



vitamini zo mu gatsiko ka B n'imyunyu ngugu.

22) Kugenga ipfa ryawe, ukirinda kuryagagura

23) Gukunda gukoresha ubwonko bwawe, ntibube ubunewe ngo bugwe ingese

24) Kwimenyereza gukunda abandi no kwimenyereza ibyiza.

Uru rutonde rurakomeza, ariko se ko umenya kurinda ubwonko bwawe ari urugamba rutoroshye ariko ntibyatubuza gukomeza gushyiraho agatege ubuzima bukuryohera ubikoreye.

**Steve SIBOMANA**

## INGANZO N'ABAHANZI

### Nashville: Umujyi w'umuziki

Nashville ni umugi wo muri Leta ya Tennessee, muri Leta zunze ubumwe za Amerika; ukaba ufite amateka akomeye mu uyu mujyi washinzwe mu 1779 nyamara wari ugizwe ni ingo 400 gusa, witirirwa intwari Francis Nash waharwanye intambara yo kwibohora. Uyu mugwi waje guturwa n'ibihangange mu muziki. Abahanzi benshi bakuruwe n'akabyiniriro uyu mugwi wahawe mu 1874 n'umwamikazi Victoria w'ubwongereza amaze atangirira

ubuhanga bw'itsinda ry'abaririmbyi "Fisk Jubilee Singers" avuga ko bakomoka mu mujyi w'umuziki. Iri zina ryamamajwe cyane n'umunyamakuru David Cobb kugeza ubwo leta iryemeye ryinjira mu murage wa Nashville na leta ya Tennessee muri rusange. Kuri ubu uyu mujyi ukurura abahanzi, n'abatunganya umuziki ariko bashaka kumenyekanana. Mu bahazamukiye twavuganye nko Elvis Presley wari sebukwe wa Michael Jackson, Johnny Cash, n'abandi bakomeye usanga bara-



habyirukiye umuraperi Young Buck waririmbaga G-Unity, Miley Cyrus na se Billy Ray Cyrus Taylor Swift, Kesha Cole n'abandi. Ubwiganze bw'injyana za Jazz, Roch, country bituma bivugwa abana baho bavukana Gitari.

**Steve SIBOMANA**

## EJO HACU

### Kwirinda gutwara inda mu rubyiruko byafasha mu iterambere

Inda zitateganyijwe zikomeje kugaragara cyane mu rubyiruko ruri hagati y'imyaka 14 na 24. Muri uru rubyiruko usanga harimo umubare munini w'abana bibana, abagera kuri 230 nibo babaruwe mu mirengere 16 mu Rwanda yakoreweho ubushakashatsi n'umuryango ACOR. Ahanini usanga bashukishwa ibintu badashoboye kwiha.



Uretse kuba twita bakiri bato bishobora kugira ingaruka mbi ku mubiri wabo kuko uba utiteguye

kwakira umwana, bidindiza iterambere ryabo bihereye ku kureka ishuri, gutakaza igihe n'icyizere mu muryango ndetse n'ubwiyongere bw'abaturage budindiza ibihugu.

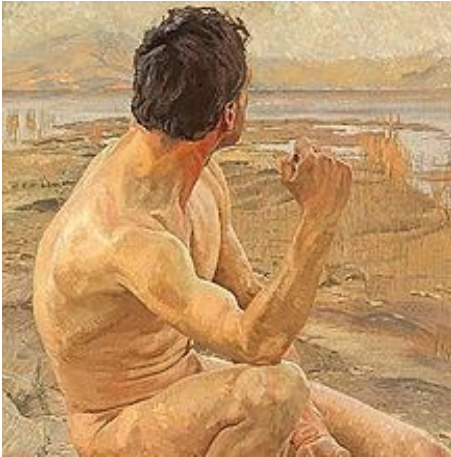
Ni muri urwo rwego Club Rafiki yashyize imbaraga gufasha abangavu kwirinda iza nda zitateganyijwe. Muri uku kwezi kwa Gicurasi Club Rafiki yasuye imirengere ya Kigali na Nyakabanda, yo mu karere ka Nyarugenge ibegereza serivisi zo kwipimisha ku bushake inda na Virus itera SIDA ndetse no kugira inama urubyiruko ku buryo bwo kwirinda kandi ku buntu.

Abagera kuri 1500 nibo bitabiriye iki gikorwa mu mirengere ya Nyakabanda na Kigali.



Urubyiruko rwigishijwe ku buzima bw'imyororokere, imyanya myibarukiro n'uburyo bakwirinda Virus itera SIDA ndetse no gutwara inda zitateganyijwe. binyuze mu kinamico, imyidagaruro, n'inyigisho zo mu dutabo n'izo bahawe n'abakangurambaga. Dore ko uburyo bwo kwirinda Virus itera SIDA nko kwifata no gukoresha agakingirizo bukoreshwa no mu kwirinda gutwara inda zitateganyijwe. **Pascal H.**

## Kwkinisha bigabanya ubushobozi bw'umubiri



Kwkinisha nk'ingeso ntibikunze kuvugwaho rumwe mu bihugu bitandukanye. Kugeza ubu hari n'abahanga bagaragaza ko byaba bifasha abarwaye ubwigunge (Depression) kuko bumva bamereye neza. Ariko ku rundi ruhande bagaragaza izindi ngaruka mbi bigira ku mubiri w'umuntu. Kwkinisha byaba bitera kutiyizera ku muntu

ubikora, ahanini uku kutiyizera bijyana no kunanirwa ndetse no kurangiza kare mu gihe cy'imibonano mpuzabitsina, bishobora no kugera ku kudashaka umugore cyangwa umugabo kuko ubikora yumva ntacyo yamumarira kubera kwitinya, bigatuma biheza mu bandi ndetse no mu bindi bikorwa byo muzima busanzwe bagatinya kugaragara no kugaragaza ibitekerezo byabo.

Mu mubiri abasirikare bawurinda indwara batangira kugabanuka. Ababikora bagira umunaniro uhoraho ndetse no gutakaza umusatsi. Bagira ibikezekezi mu maso ndetse bakanarangara bikomeye (Absence de memoire)

Ku bijyanye n'imitekerereze;

kwkinisha bitera ubwonko kwibagirwa cyane, ndetse ubushobozi bwo gufata mu mutwe bukagabanuka; bituruka ku misemburo ya acetylcholine na dopamine iba yarenze urugero rukwiye mu bwonko.

Kwkinisha kandi bishobora kugera ku kigero biba indwara yo mu mutwe ( trouble obsessionnel de comportement), iyo bimaze kuba ingeso. Izindi ngaruka twavuze haruguru nazo ntizizira rimwe cyangwa ngo zigagararirwe rimwe ku bantu bose. Zishobora kugaragara hagati y'imyaka 3 n' imyaka itanu, mu gihe uwikinisha abikora ku kigero cy'incuro 2 ku munsu.

Kwkinisha ntibibuza umuntu kuba yabyara ariko bishobora gutuma aba ikiremba ndetse bikamusenyera urugo kubera uko guhindagurika mu mico.

**Steve SIBOMANA**

## AMASHYENGO N'IKARISHAYABWENGE

☞ Intwari ntizifuzako hari uwakurikira indi nzira itandukanye n'iyazo — **Georges Brassens**

☞ Ubukire bw'umukene ni ubukene bwe — **Tévoédjdré**

☞ Ubuzima ni uruhererekane rw'amahitamo — **Barry Kaufman**

☞ Usoroma ibimusumba yihanganira ibimutokoza — **Social Mula**

☞ Ukirigiswe na benshi ntamenya uwamusekeje — **Danny Vumbi**

☞ Igikoroto kirashyira kikagwira — **Kinyarwanda**

☞ Buhoro buhoro amazi acukura mu ibuye — **Kinyarwanda**

☞ imbuto ni iza bese ariko ubutaka ntibugira nyirabwo — **Jean-Jacques Rousseaux.**

☞ Buri muntu azagira iminota 15 yo kuba icyamamare — **Andy Warhol**

**Omar Tony NSENGUMUREMYI**

## USA: Yibarutse impanga zidahuje ba se.



Ubwo umugore yajyaga kuregera

indezo y'abana b'impanga, ikizamini cy'amaraso DNA cyemeje ko umwe mu bakobwa babiri b'impanga atamukomokaho. Ni ubwo bidakunze kubaho ngo ariko birashoboka; iyo intanga ebyiri z'umugore zihishirije

icyarimwe zishobora kuvamo impanga, umugore akaba yasama mu gihe aryamanye n'abagabo 2 mu gihe cyegeranye. Ubutabera bwemeza ko akwiye indezo y'umwana umwe gusa.

**Desire KAVUTSE**

## Blatter na FIFA mu mazi abira



Sepp Blatter yafashe iya mbere yegura ku mirimo yo kuyobora ishyirahamwe ry'umupira w'amaguru ku isi, amaze gusa iminsi ine atowe, nyuma y'uko Polisi y'U Busuwisi itaye muri yombi 7 mu byegera bye ku birego bya ruswa mu masoko no kugena ahabera imikino ikomeye nk'igikombe cy'isi bimaze imyaka

30. Ariko akomeje gukurikiranwa n'iperereza rya FBI ndetse bamwe mu bagize uruhare muri ayo manyanga bakomeje kwatura amabanga babitse nk'aya ruswa zatanzwe mu bikombe by'isi byo mu 1998 mu Bufaransa ndetse n'igihiruka cyabereye muri Afrika y'epfo, bikanavugwa ko n'ikizabera mu Burusiya na Katar mu 2018 cyatanzweho ruswa ku buryo bishobora gusubirwamo. umuyobozi w' Uburusiya Vladimir Putine yahise afata iyambere mu kwamagana iki gikorwa yemeza ko urwego rw'umutekano rwa Leta zunze ubumwe za Amerika FBI rutari rukwiye kwivanga mu miyoborere ya FIFA no gufungisha abayobozi bayo bari mu kindi

gihugu kandi atari n'abanyamerika, agaragaza ko ibi bikorwa byaba bigamije bihugu kwakira iki gikombe . FBI yo yisobanura ko iki kibazo izakomeza kugukurikiranwa kuko cyakorewe mu mabanki ya Amerika kandi ku idorari ry'icyo gihugu. Nyamara ubusanzwe ntibinemewe ko gahunda z'imikino zivangwa na politiki. Hagati aho abafatanyabikorwa bakomeye ba FIFA nka ADIDAS McDonald na SmartCard yiteguye kuvanamo imari yayo mu gihe iki kibazo cyaba kidakemutse. Ibi biratiza umurindi uruhande rw'abarwanyaga Blatter bifuzaga impinduka bayobowe na Michael Platini umuyobozi wa UEFA.

**Pascal H.**



Umukecuru yagiye kuri polisi, asanga umupolisi asoma bibiriya. Arishima cyane kuko yari agiye kwakirwa n'umupolisi usenga. Niko kumbaza ati "mwana wanjye wowe uri umukirisitu?" umupolisi mu kumuhumuriza ati "kuri polisi ntituvangura amadini" umukecuru arizihirwa ati "nyibwirira wowe uzi gusoma Gahini we yaba yishwe

nande?" Umupolisi ati " Mukecuru ntegereza gato" yihina mu biro agarutse abwira umukecuru ati " Mutwihanganire iyo dosiye twayibuze, mwanyibutsa igihe mwatangiye icyo kirego najya kurebera mu bubiko bw'inyandiko z'ibirego by'ubwicanyi kuko muri mudasobwa ntayirimo"

**Steve SIBOMANA**



Urumogi n'ibindi biyobyabwenge ni bibi kubuzima bwawe. Igihugu ndetse n'umuryango wawe bikeneye ubwenge n'imbaraga zawe. Niwishora mu biyobyabwenge uzicuza ntacyo uziramira kandi uzapfa nabi. **(Mzee N.D)**